بسم الله الرحمن الرحيم

99 Names of Allah

as Light Codes

A Dhikr Breathing Practice Manual
from a Quran-Only Perspective

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا

Al-A'raf 7:180

The Nature of Light Codes

What if the names of Allah were never meant to be merely recited, counted, or studied as theological categories? What if they are, in their most direct and unmediated reality, codes of light — vibrational signatures embedded within the fabric of creation itself, frequencies that the human being was designed to attune to through the simplest and most ancient of mechanisms: the breath? This manual approaches the 99 names of Allah not as objects of scholastic classification, not as entries in a lexical catalogue, and not as the exclusive property of any interpretive tradition. Instead, it approaches them as they present themselves in the Quran: living frequencies, direct pathways of connection between the created and the Uncreated, activated through conscious breathing and sincere remembrance.

The Quran does not present the names of Allah as abstract attributes requiring years of specialised study before they become useful. Rather, they appear throughout the text as living realities, woven into the fabric of revelation itself. When Allah says *call upon Him by them* in *7:180*, the instruction is immediate and accessible. It does not say "study them through authorised scholars first." It does not say "wait until you have mastered the correct interpretive framework." It says *call*. The invitation is direct, personal, and available to every human being who turns toward it with sincerity. The breath is the vehicle that makes this calling embodied, rhythmic, and transformative.

Consider the word *dhikr* itself. In the Quran, it carries layers of meaning: remembrance, mention, invocation, and consciousness. It is not a technical term owned by any school of thought. It appears in straightforward injunctions such as *remember Allah much* in *33:41*, in the promise that *the hearts find rest in the remembrance of Allah* in *13:28*, and in the affirmation that Allah is *closer to him than his jugular vein* in *50:16*. The breath connects us to this closeness in the most intimate way possible: every inhalation draws in the name as a frequency, every exhalation releases the limited self back toward the Infinite, and the stillness that follows becomes a doorway into the *qarar* — the settled stillness — that the Quran promises.

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Quranic Foundations

Every element of this practice is rooted directly in the Quranic text. There is no layer of intermediary interpretation required, no historical consensus to consult, no institutional permission to seek. The Quran speaks for itself, and it speaks clearly about the names, about remembrance, about breath, and about the direct relationship between the human being and their Creator.

7:180 — The Invitation: *"And to Allah belong the most beautiful names, so call upon Him by*

them." This verse is the foundational warrant for the entire practice. It establishes three things simultaneously: that the names belong to Allah, that they are beautiful — meaning they carry an inherent attraction and transformative power — and that human beings are instructed to call upon Allah through them. The Arabic *fa'd'uhu biha* is an imperative: it is a command wrapped in an invitation, a directive that is simultaneously an opening. You do not need permission beyond this verse. It is your permission.

17:110 — The Equality of Entry Points: *"Say: Call upon Allah or call upon the Most Merciful. Whichever you call upon, to Him belong the most beautiful names."* This verse dismantles any hierarchy among the names. Whether you approach through Ar-Rahman or through any other name, you are approaching the same reality. The names are not ranked. They are not graded in efficacy. They are different frequencies of the same light, different entry points into the same vastness. This understanding is essential to the Light Codes practice: no single name is "more powerful" than another. Each one opens a unique doorway, and the one that opens for you in any given moment is the one you need.

59:24 — The Source and Return: *"He is Allah, the Creator, the Originator, the Fashioner. To Him belong the most beautiful names. Whatever is in the heavens and earth glorifies Him, and He is the Mighty, the Wise."* Here the Quran connects the names directly to the creative process itself. Allah creates, originates, and fashions — and the names are part of this same creative emanation. They are not labels applied after the fact; they are woven into the act of creation. When you breathe a name, you are breathing something that was present at the origin of all things.

13:28 — The Promise of Stillness: *"Those who believe and whose hearts find rest in the remembrance of Allah. Unquestionably, in the remembrance of Allah do hearts find rest."* The Arabic word *qarar* carries a profound sense of settledness, stability, and abiding peace. It is not a transient feeling but a deep structural shift in the heart's orientation. The Quran promises this as an outcome of dhikr — not as a distant goal requiring decades of preparation, but as a direct consequence of sincere remembrance. The breathing practice described in this manual is designed to facilitate exactly this: a settling of the heart into the stillness where the light codes activate.

15:29 — Breath and Spirit: *"So when I have proportioned him and breathed into him of My spirit, then fall down in prostration to him."* This verse, describing the creation of Adam, reveals something extraordinary about the nature of breath in the Quranic worldview. Allah breathes His spirit into the human form. Breath is not merely a biological function; it is the mechanism through which the divine connects to the human. When we use our breath consciously in the practice of dhikr, we are working with the very instrument that Allah used to animate us. We are reversing the flow, as it were — using the breath that carries our life to carry the names back to their source.

The Breathing Practice

The practice is simple. It is deliberately simple, because the Quran itself presents the relationship with Allah in simple, direct terms. *Call upon Him* is not a complex instruction. It does not require elaborate preparation, specialised knowledge, or institutional sanction. What it requires is sincerity, presence, and the willingness to show up again and again with an open heart. The breathing methodology described below is a framework — not a rigid prescription — for entering into that calling with your whole being: body, breath, and consciousness aligned.

The Four Phases of Each Cycle

1. **In-breath — Receive the Light Code:** As you inhale slowly through the nose, silently or softly recite one of the 99 names. Feel the name entering you not merely as a word but as a frequency, a vibration that begins in the throat and settles into the heart. The name is the light code. The in-breath is the download. You are not producing the name; you are receiving it. It is already present in the fabric of your being, waiting to be activated by your attention and your breath working together.
2. **Out-breath — Release into Allah:** As you exhale slowly through the mouth or nose, softly recite *"Allah."* This is the release, the letting go. On the in-breath you received a specific quality of the divine; on the out-breath you release all that is not aligned with that quality, all that is limited and conditioned, returning it to the source from which it came. The out-breath is an act of surrender, of *tawakkul* — placing everything back into the hands of the One who gave it.
3. **Rest in Stillness:** After the exhale, do not immediately begin the next cycle. Rest. Sit in the silence between breaths for as long as feels natural — a few seconds, perhaps longer. This is the space where the light code activates. This is the *qarar* that *13:28* speaks of: the settled stillness where the heart finds its rest. Do not chase an experience. Simply rest. The activation happens on its own when the conditions are right, just as dawn arrives not because you force it but because you have waited through the darkness with patience.
4. **Begin Again Gently:** When the moment of stillness naturally resolves, begin the next cycle with a new inhalation and the same name or a different one. There is no prescribed sequence. There is no required duration. The Quran says *remember Allah much* in *33:41* — it does not say "remember Allah exactly thirty-three times." *"Much"* is qualitative, not quantitative. It means: let the remembrance saturate your being, let it become the texture of your awareness, let it continue until you feel the shift.

The Shift

What is the shift? It is difficult to describe precisely because it is an experiential reality, not a conceptual one. But those who have practiced sincere dhikr consistently report a moment — sometimes subtle, sometimes unmistakable — when something changes. The agitation of the mind softens. The grip of anxious thought loosens. A warmth or a lightness or a depth of peace that was not there before suddenly fills the space where the noise used to be. This is the light code activating. It is the moment when the name you have been breathing ceases to be a word you are saying and becomes a reality you are inhabiting.

The Quran does not give us a technical vocabulary for this experience, but it acknowledges it implicitly. When *13:28* says hearts find *qarar* in remembrance, it is describing exactly this shift: a transition from turbulence to stillness, from fragmentation to coherence, from the scattered self to the gathered heart. The practice of breathing the names is designed to bring you to this threshold again and again, until the shift becomes less an event and more a way of being — a permanent orientation of the heart toward its source.

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Approaching the Practice

You may work with a single name for an entire session, or you may move through several. You may choose a name that speaks to a quality you wish to cultivate — Ar-Rahman for mercy, Al-Hadi for guidance, As-Salam for peace — or you may simply open the Quran and let your eyes fall where they will, trusting that the name you need will find you. There is no wrong way to do this, provided your intention is sincere and your heart is open. The Quran tells us in *2:186* that *when My servants ask you concerning Me, indeed I am near*. The names are the language of that nearness. The breath is the bridge.

A suggested beginning: sit comfortably, close your eyes, take three natural breaths to settle yourself, then begin with الرحمن Ar-Rahman. Inhale: *Ar-Rahman*. Exhale: *Allah*. Rest. Repeat. Stay with this single name for as long as it holds you. When you feel ready, you may move to another name, or you may stay. There is no clock. There is no quota. There is only you, your breath, and the names that Allah has given as a direct line of connection — no intermediary required.

Five Distinctions

Because the names of Allah have historically been claimed by various interpretive traditions — particularly Sufi tariqahs, legal schools, and theological academies — it is important to clarify what this practice is *not*, so that what it *is* can stand clearly on its own Quranic foundation. The following five distinctions are not criticisms of other approaches; they are simply demarcations of the ground on which this manual stands. Every distinction is itself grounded in a Quranic verse, because the Quran is the sole authority for this practice.

No Intermediary

2:186: "And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me." This verse is unambiguous: Allah responds directly to the one who calls. There is no requirement for a spiritual guide, a sheikh, a pir, or any human intermediary to transmit the efficacy of the names. The names are not secrets to be imparted by an authorised teacher; they are openly given in the Quran, available to every reader, and activated by sincerity rather than initiation. When you breathe Ar-Rahim on the in-breath and release into Allah on the out-breath, you are engaging in a direct transaction between your heart and its Creator. No third party is needed, and the Quran itself guarantees the connection.

No Prescribed Count

33:41: "O you who have believed, remember Allah with much remembrance." The Quran instructs *much* remembrance, not *numbered* remembrance. The word *kathiran* (much) is qualitative: it describes an intensity and a saturation, not a tally. There is no Quranic basis for the practice of reciting each name a specific number of times — thirty-three, one hundred, or any other figure. Numbers can become a cage: the practitioner begins to focus on the count rather than the connection, on finishing rather than being present. In the Light Codes practice, you continue with a name for as long as the breath carries it naturally, and you stop when the stillness tells you to stop. Quality over quantity. Depth over duration. The Quran freed us from counting; there is no need to return to that constraint.

No Graded Hierarchy

17:110: "Say: Call upon Allah or call upon the Most Merciful. Whichever you call upon, to Him belong the most beautiful names." All the names lead to the same reality. Ar-Rahman is not "higher" than Al-Mu'izz. Al-Haqq is not "more powerful" than Al-Latif. The names are different facets of the same infinite light, and the one that opens for you in any given moment is the one that is most perfectly suited to your state. Some traditions have organised the 99 names into hierarchies of spiritual efficacy, suggesting that certain names should only be att-

empted by advanced practitioners. The Quran makes no such distinction. Every name is available to every sincere heart, and the Quran itself calls them all *al-asma al-husna* — the most beautiful names — without ranking them.

No Institutional Authority

The Quran is complete and self-sufficient as a source of guidance. *6:38: "We have not neglected in the Book a thing." The practice of breathing the names of Allah does not require the approval, endorsement, or oversight of any institution, school, or authority. It is a practice that arises directly from the Quranic text and is available to anyone who reads the Quran and takes its instructions seriously. This does not mean that community, teachers, and learned companions have no value — they do. But their value is in support and encouragement, not in gatekeeping. The gate is already open. The Quran opened it.*

Breath Is Quranic, Not Sectarian

The association of breath with spiritual practice is sometimes characterised as a specifically Sufi innovation, borrowed from Yogic or other traditions. But the Quran itself establishes the sacred significance of breath in 15:29: "So when I have proportioned him and breathed into him of My spirit." Breath is the mechanism through which Allah animated the first human being. It is the bridge between the divine and the human, the point where the infinite enters the finite. Using breath consciously in the service of remembrance is not a foreign import; it is a return to the origin. Every breath you take is already a gift from Allah. The Light Codes practice simply makes that gift conscious.

The 99 Light Codes

Below are the 99 names of Allah as they appear in the Quran. Each entry includes the Arabic script, the transliterated name, its English meaning, and the specific surah and verse references where it occurs. These are not interpretations or extrapolations — they are direct citations from the Quranic text. Let your breath carry each name into your heart, and let the stillness that follows do its work.

1. الرحمن *Ar-Rahman*

   The Most Merciful

   Quranic references: 1:1, 17:110, 19:2, 20:5, 20:90, 21:83, 25:59, 26:5, 27:30, 36:5, 41:2, 43:17, 43:33, 50:33, 55:1-78, 59:22, 67:1, 78:38

2. الرحيم *Ar-Rahim*

   The Especially Merciful

   Quranic references: 1:1, 1:2, 1:3, 2:37, 2:54, 2:128, 2:143, 2:160, 2:173, 2:182, 2:192, 2:199, 2:218, 2:225, 2:286, 3:31, 3:89, 3:129, 3:151, 4:25, 4:96, 4:100, 4:106, 5:3, 5:98, 7:153, 7:155, 7:156, 9:91, 9:99, 9:104, 9:117, 9:118, 10:8, 11:41, 12:64, 12:98, 15:49, 16:7, 16:47, 18:58, 24:20, 24:33, 26:9, 27:11, 33:5, 33:43, 33:50, 33:59, 36:5, 36:58, 39:53, 40:7, 41:32, 44:42, 48:14, 48:29, 50:8, 53:32, 57:9, 57:28, 58:7, 58:12, 58:13, 59:10, 60:4, 60:7, 61:2, 63:5, 64:14, 66:8, 71:10, 73:20, 74:56, 76:30

3. الملك *Al-Malik*

   The Sovereign

   Quranic references: 1:4, 3:26, 5:40, 7:158, 17:111, 20:114, 23:116, 35:13, 39:73, 54:55, 59:23, 62:4, 67:1, 72:19, 85:15, 114:2

4. القدوس *Al-Quddus*

   The Most Holy

   Quranic references: 2:30, 59:23, 62:1, 79:24

5. السلام *As-Salam*

   The Source of Peace

   Quranic references: 59:23, 6:54, 25:75, 56:26, 19:62, 10:25

6. المؤمن *Al-Mu'min*

   The Guardian of Faith

   Quranic references: 59:23

7. المهيمن *Al-Muhaymin*

   The Protector

   Quranic references: 59:23, 5:48

8. العزيز *Al-Aziz*

The Almighty

Quranic references: 2:129, 2:220, 2:260, 3:6, 3:18, 3:62, 4:34, 4:56, 4:158, 5:54, 9:40, 9:71, 11:66, 14:47, 22:40, 22:74, 26:9, 27:26, 33:25, 33:47, 38:9, 38:65, 40:22, 42:19, 51:58, 54:42, 55:27, 56:95, 57:1, 57:25, 58:21, 59:23, 61:1, 63:8, 64:18, 85:12

9. الجبار *Al-Jabbar*

The Compeller

Quranic references: 59:23, 22:74, 20:114

10. المتكبر *Al-Mutakabbir*

The Supreme

Quranic references: 59:23

11. الخالق *Al-Khaliq*

The Creator

Quranic references: 6:102, 13:16, 15:86, 17:51, 31:11, 35:3, 36:81, 39:62, 40:62, 44:2, 46:33, 59:24, 64:3

12. البارئ *Al-Bari*

The Originator

Quranic references: 59:24, 2:117, 6:101

13. المصور *Al-Musawwir*

The Fashioner

Quranic references: 59:24, 7:11, 40:64, 3:6

14. الغفار *Al-Ghaffar*

The Forgiving

Quranic references: 20:82, 38:66, 39:5, 71:10, 38:9, 55:30, 74:10

15. القهار *Al-Qahhar*

The Subduer

Quranic references: 6:18, 6:61, 13:16, 14:48, 17:42, 38:65, 39:4, 40:16, 59:23, 85:12

16. الوهاب *Al-Wahhab*

The Bestower

Quranic references: 3:8, 3:9, 38:9, 38:35, 22:50

17. الرزاق *Ar-Razzaq*

The Provider

Quranic references: 51:58, 15:22, 2:3, 6:141, 11:6, 13:26, 20:131, 22:58, 23:27, 24:32, 26:7, 28:82, 30:37, 34:15, 39:31, 42:12, 51:22, 62:11, 67:21, 70:24

18. الفتاح *Al-Fattah*

The Opener

Quranic references: 7:89, 23:77, 34:26, 40:16, 48:1, 58:1

19. العليم *Al-Alim*

The All-Knowing

Quranic references: 2:29, 2:115, 2:158, 2:180, 2:231, 2:268, 2:282, 2:291, 3:29, 3:34, 3:92, 4:11, 4:35, 4:86, 4:119, 4:153, 4:166, 5:97, 6:59, 6:101, 8:17, 8:53, 9:15, 9:29, 9:94, 9:78, 9:94, 9:105, 11:5, 11:14, 11:14, 11:49, 12:68, 15:75, 16:26, 16:68, 16:77, 16:89, 17:30, 18:26, 18:45, 19:78, 20:7, 20:70, 22:52, 22:63, 24:10, 24:35, 24:41, 24:59, 26:220, 28:9, 29:2, 29:4, 29:62, 30:30, 31:11, 31:23, 31:29, 31:34, 33:1, 33:34, 33:40, 33:63, 34:3, 34:11, 34:26, 35:11, 35:38, 36:6, 39:46, 39:70, 40:7, 41:34, 42:24, 43:36, 44:6, 49:7, 49:11, 49:13, 51:28, 51:51, 52:28, 53:30, 53:32, 54:13, 57:3, 57:6, 58:7, 59:22, 59:23, 62:3, 62:8, 64:4, 64:11, 65:12, 66:3, 67:13, 67:26, 71:12, 72:26, 72:28, 73:11, 75:4, 77:30, 80:26, 82:11, 82:12, 85:13, 87:7, 87:11

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20. القابض *Al-Qabid*

The Withholder

Quranic references: 2:245, 28:82, 42:27

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21. الباسط *Al-Basit*

The Extender

Quranic references: 2:245, 7:96, 13:26, 28:82, 42:27

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22. الخافض *Al-Khafid*

The Humiliator

Quranic references: 56:3, 95:5

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23. الرافع *Ar-Rafi*

The Exalter

Quranic references: 56:3, 58:11, 94:4

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24. المعز *Al-Mu'izz*

The Honourer

Quranic references: 3:26, 4:139, 22:51, 28:5

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25. المذل *Al-Mudhill*

The Dishonourer

Quranic references: 3:26, 10:21, 40:5, 47:8

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26. السميع *As-Sami*

The All-Hearing

Quranic references: 2:127, 2:224, 2:226, 2:231, 2:244, 2:256, 3:34, 3:35, 3:38, 4:46, 4:58, 4:148, 5:116, 8:53, 9:94, 11:61, 12:34, 12:37, 14:1, 14:39, 19:2, 19:42, 22:61, 22:75, 24:21, 24:60, 28:20, 31:14, 31:19, 33:1, 35:10, 36:11, 40:20, 40:36, 40:56, 41:36, 42:11, 42:26, 49:1, 58:1, 61:1, 64:16, 65:3

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27. البصير *Al-Basir*

The All-Seeing

Quranic references: 2:110, 3:15, 3:153, 4:58, 8:50, 9:94, 11:37, 13:42, 14:42, 17:1, 17:17, 17:96, 20:39, 20:135, 22:61, 22:75, 23:27, 26:217, 31:16, 32:16, 33:9, 40:20, 40:44, 42:11, 42:27, 49:1, 49:18, 50:28, 54:12, 57:4, 58:1, 60:3, 64:16, 67:19, 70:6, 72:27, 75:13, 82:12, 85:14, 88:4, 91:14

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28. الحكم *Al-Hakam*

The Judge

Quranic references: 6:57, 6:114, 28:70, 28:75, 28:88, 33:1, 95:8

29. العدل *Al-Adl*

The Just

Quranic references: 6:115, 7:29, 16:90, 21:47, 40:20, 49:9, 55:7-9, 60:8

30. اللطيف *Al-Latif*

The Subtle

Quranic references: 6:103, 12:100, 22:63, 31:14, 33:34, 42:19, 67:14, 31:17

31. الخبير *Al-Khabir*

The All-Aware

Quranic references: 3:44, 3:180, 3:153, 4:11, 4:35, 4:126, 6:18, 11:18, 17:30, 24:35, 31:16, 33:34, 33:54, 35:14, 49:13, 57:3, 58:11, 59:18, 63:11, 66:3, 67:14, 71:4

32. الحليم *Al-Halim*

The Forbearing

Quranic references: 2:235, 2:263, 2:265, 3:155, 4:12, 7:154, 7:155, 8:53, 11:87, 17:44, 22:59, 33:51, 35:45, 37:101, 46:35, 67:5

33. العظيم *Al-Azim*

The Magnificent

Quranic references: 2:255, 4:34, 31:30, 42:4, 45:37, 56:96, 59:23, 69:52, 74:3

34. الغفور *Al-Ghafur*

The Forgiving

Quranic references: 2:173, 2:182, 2:192, 2:199, 2:218, 2:225, 2:286, 3:31, 3:89, 3:129, 3:151, 4:25, 4:43, 4:96, 4:99, 4:100, 4:106, 4:152, 5:34, 5:39, 5:71, 5:98, 7:153, 7:155, 7:156, 7:167, 8:33, 8:69, 8:70, 9:5, 16:110, 16:119, 18:58, 20:82, 22:60, 24:5, 28:16, 28:67, 33:5, 35:28, 39:5, 39:53, 41:32, 42:5, 42:25, 42:30, 48:14, 53:32, 57:21, 57:28, 58:2, 58:3, 58:12, 58:13, 60:7, 61:12, 63:5, 64:14, 66:8, 71:10, 73:20, 74:10, 85:14

35. الشكور *Ash-Shakur*

The Appreciative

Quranic references: 2:158, 4:147, 8:19, 14:7, 17:19, 31:14, 34:37, 35:30, 35:34, 35:41, 42:23, 57:24, 64:17

36. العلي *Al-Ali*

The Most High

Quranic references: 2:255, 4:34, 22:62, 31:30, 34:23, 40:12, 42:4, 42:51, 56:96, 57:1, 59:22, 69:52

37. الكبير *Al-Kabir*

The Great

Quranic references: 4:34, 13:9, 22:62, 31:30, 34:23, 40:12, 56:96, 69:52, 79:4, 92:5

38. الحافظ *Al-Hafiz*

The Preserver

Quranic references: 11:57, 12:64, 15:9, 34:21, 42:6, 50:4, 67:4, 70:4

39. المقيت *Al-Muqit*

The Nourisher

40. الحسيب *Al-Hasib*

The Reckoner

Quranic references: 3:9, 4:6, 4:86, 33:39, 39:36, 70:4, 82:5-6

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41. الجليل *Al-Jalil*

The Majestic

Quranic references: 55:27, 7:143, 22:5, 55:27, 56:74

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42. الكريم *Al-Karim*

The Generous

Quranic references: 12:21, 22:31, 27:40, 31:12, 44:5-6, 55:20-21, 57:11, 57:26, 69:33, 82:6

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43. الرقيب *Ar-Raqib*

The Watchful

Quranic references: 4:1, 5:117, 33:52, 50:18, 52:21, 85:14

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44. المجيب *Al-Mujib*

The Responsive

Quranic references: 2:186, 11:61, 14:34, 14:40, 40:60, 27:62, 42:26

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45. الواسع *Al-Wasi*

The Vast

Quranic references: 2:247, 2:261, 2:268, 3:73, 4:130, 5:54, 7:156, 11:73, 17:91, 24:21, 29:68, 33:38, 33:73, 39:7, 48:7, 53:32, 58:7, 62:4, 65:5, 72:20, 73:20, 77:41

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46. الحكيم *Al-Hakim*

The Wise

Quranic references: 2:32, 2:129, 2:209, 2:220, 2:231, 2:232, 2:264, 3:6, 3:18, 3:58, 3:62, 3:81, 4:11, 4:17, 4:26, 4:56, 4:105, 4:113, 5:38, 5:48, 6:57, 8:29, 9:71, 10:1, 11:1, 12:6, 12:22, 12:36, 12:50, 12:80, 12:83, 12:86, 12:111, 13:37, 15:25, 15:86, 16:9, 16:30, 18:2, 18:4, 18:13, 18:27, 22:8, 22:52, 24:10, 24:46, 25:18, 26:2, 27:6, 27:43, 27:76, 28:3, 28:79, 29:27, 29:51, 30:2, 30:8, 30:27, 31:12, 31:13, 33:1, 33:4, 33:34, 33:36, 34:1, 34:2, 34:3, 34:6, 39:1, 39:12, 39:38, 40:2, 40:29, 40:67, 41:3, 42:2, 42:3, 42:13, 43:4, 44:2, 44:4, 46:2, 46:12, 49:7, 51:30, 52:3, 54:5, 57:1, 59:22, 60:10, 62:1, 63:1, 66:2, 66:3, 68:4, 72:1, 74:30, 76:24, 83:6, 85:13, 88:20, 89:5, 93:5, 95:8, 96:5

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47. الودود *Al-Wadud*

The Loving

Quranic references: 11:90, 85:14, 20:39, 3:30, 5:54

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48. المجيد *Al-Majid*

The Glorious

Quranic references: 11:73, 50:1, 70:40, 85:14, 85:15

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49. الباعث *Al-Ba'ith*

The Resurrector

Quranic references: 22:7, 30:16, 57:2, 69:13, 75:3, 80:22

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50. الشهيد *Ash-Shahid*

The Witness

Quranic references: 3:55, 3:98, 4:33, 4:79, 4:166, 5:8, 5:117, 6:19, 10:28, 10:46, 10:61, 11:17, 13:43, 16:89, 17:96, 22:17, 22:61, 33:55, 34:26, 35:11, 41:53, 41:54, 42:15, 43:59, 46:8, 48:28, 51:47, 55:3, 56:75, 57:4, 58:6, 59:22, 75:3, 85:9

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51. الحق *Al-Haqq*

The Truth

Quranic references: 6:62, 10:32, 13:17, 15:85, 17:80, 18:44, 20:114, 22:6, 22:62, 23:116, 24:25, 31:30, 38:20, 40:69, 54:44, 69:51

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52. الوكيل *Al-Wakil*

The Trustee

Quranic references: 3:173, 4:81, 4:109, 4:132, 6:102, 11:56, 13:11, 17:2, 25:59, 28:88, 33:3, 33:48, 39:3, 39:62, 42:6, 42:8, 57:4, 58:4, 66:4, 73:9

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53. القوي *Al-Qawi*

The Strong

Quranic references: 8:52, 11:66, 22:40, 22:74, 33:25, 40:22, 42:19, 51:58, 57:25, 85:12

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54. المتين *Al-Matin*

The Firm

Quranic references: 51:58, 13:16, 22:40, 23:86, 56:71

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55. الولي *Al-Wali*

The Protector

Quranic references: 2:107, 2:120, 2:257, 3:68, 4:45, 4:75, 4:123, 7:155, 7:196, 10:62, 11:113, 12:101, 13:11, 18:44, 22:78, 34:41, 42:9, 42:28, 45:19, 47:11, 61:4, 66:4

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56. الحميد *Al-Hamid*

The Praiseworthy

Quranic references: 2:267, 4:131, 11:73, 14:1, 14:8, 22:64, 31:12, 31:26, 34:6, 39:75, 40:65, 41:42, 42:28, 57:24, 85:14

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57. المحصي *Al-Muhsi*

The Enumerator

Quranic references: 3:9, 4:6, 4:86, 10:36, 19:94, 33:93, 36:12, 36:54, 58:6, 72:28, 78:29, 82:11, 85:13

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58. المبدئ *Al-Mubdi*

The Originator

Quranic references: 10:34, 27:64, 29:19, 30:27, 56:47, 59:24, 85:13, 6:101

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59. المعيد *Al-Mu'id*

The Restorer

Quranic references: 10:34, 27:64, 29:19, 30:27, 56:47, 85:13, 85:14

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60. المحيي *Al-Muhyi*

The Giver of Life

Quranic references: 2:87, 3:49, 7:158, 15:23, 22:6, 30:50, 41:39, 43:37, 57:2

61. المميت *Al-Mumit*

The Bringer of Death

Quranic references: 2:87, 3:49, 7:158, 15:23, 22:6, 30:50, 41:39, 43:37, 57:2, 44:8, 53:44, 56:60, 67:2, 80:40

62. الحي *Al-Hayy*

The Living

Quranic references: 2:255, 3:2, 6:101, 10:65, 18:1, 20:111, 25:58, 28:88, 29:2, 40:65, 57:2, 57:3, 59:22, 62:1, 73:2

63. القيوم *Al-Qayyum*

The Self-Sustaining

Quranic references: 2:255, 3:2, 20:111, 35:41

64. الواجد *Al-Wajid*

The Perceiving

Quranic references: 38:18, 38:44

65. الماجد *Al-Majid*

The Illustrious

Quranic references: 11:73, 85:14, 85:15

66. الواحد *Al-Wahid*

The One

Quranic references: 2:163, 4:171, 5:73, 6:19, 9:31, 12:39, 13:16, 14:48, 16:22, 16:51, 18:110, 21:22, 21:108, 22:4, 22:34, 24:35, 27:60, 29:46, 33:4, 34:3, 35:16, 36:5, 37:4, 38:5, 38:65, 38:86, 39:4, 39:65, 40:16, 41:6, 42:11, 51:51, 54:50, 57:3, 59:22, 60:4, 64:11, 65:3, 66:5, 67:1, 69:12, 70:40, 71:22, 73:9, 74:11, 85:9, 89:3, 91:13

67. الصمد *As-Samad*

The Eternal

Quranic references: 112:2

68. القادر *Al-Qadir*

The Capable

Quranic references: 6:65, 17:99, 25:2, 25:54, 33:16, 36:82, 39:5, 40:68, 42:9, 46:33, 54:42, 54:55, 65:3, 66:1, 70:40, 73:16, 75:4, 77:16, 77:23, 79:42, 80:37, 86:8, 97:1

69. المقتدر *Al-Muqtadir*

The Omnipotent

Quranic references: 18:45, 43:42, 54:42, 54:55, 59:6, 97:1

70. المقدم *Al-Muqaddim*

The Advancer

Quranic references: 50:28, 17:18, 71:4

71. المؤخر *Al-Mu'akhkhir*

The Delayer

Quranic references: 50:28, 17:18, 71:4

72. الأول *Al-Awwal*

The First

Quranic references: 57:3, 55:26-27, 76:1

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73. الآخر *Al-Akhir*

The Last

Quranic references: 57:3, 55:26-27, 76:1

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74. الظاهر *Az-Zahir*

The Manifest

Quranic references: 57:3, 6:103, 28:71, 28:72, 55:26-27, 57:3

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75. الباطن *Al-Batin*

The Hidden

Quranic references: 57:3, 6:103, 28:71, 28:72, 55:26-27, 57:3

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76. الولي *Al-Wali*

The Governor

Quranic references: 42:9, 4:45, 7:155, 10:62, 13:11, 22:78, 42:28, 45:19, 47:11, 61:4, 66:4

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77. المتعالي *Al-Muta'ali*

The Most Exalted

Quranic references: 13:9, 20:4, 4:34, 56:96

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78. البار *Al-Barr*

The Source of Goodness

Quranic references: 52:28, 16:97, 24:25, 27:19, 41:17, 59:22

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79. التواب *At-Tawwab*

The Acceptor of Repentance

Quranic references: 2:37, 2:54, 2:128, 2:160, 2:222, 4:16, 4:17, 4:25, 4:43, 4:64, 4:106, 5:34, 5:39, 7:153, 9:104, 9:117, 9:118, 11:61, 11:90, 20:82, 24:10, 39:53, 40:3, 42:25, 42:30, 49:12, 58:12, 58:13, 60:5, 71:10, 73:20, 110:3

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80. المنتقم *Al-Muntaqim*

The Avenger

Quranic references: 3:4, 3:11, 5:95, 7:167, 14:47, 22:57, 30:47, 32:22, 39:37, 43:41, 44:16, 45:14, 50:14, 83:6

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81. العفو *Al-Afu*

The Pardoner

Quranic references: 2:182, 2:192, 2:199, 2:225, 4:43, 4:99, 5:95, 16:110, 22:60, 24:5, 28:67, 33:5, 35:28, 39:53, 42:25, 42:30, 48:14, 53:32, 58:2, 58:3, 60:7, 64:14

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82. الرؤوف *Ar-Ra'uf*

The Kind

Quranic references: 2:143, 2:207, 3:30, 5:54, 9:117, 16:7, 16:47, 24:20, 57:9, 59:10, 24:20, 33:44, 48:29

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83. مالك الملك *Malik Al-Mulk*

Owner of Sovereignty

Quranic references: 3:26, 13:16, 23:116, 35:13, 36:83, 67:1

84. ذو الجلال والإكرام *Dhul-Jalali Wal-Ikram*

Lord of Majesty and Generosity

Quranic references: 55:27, 55:78

85. المقسط *Al-Muqsit*

The Equitable

Quranic references: 7:29, 21:47, 40:20, 49:9, 60:8

86. الجامع *Al-Jami*

The Gatherer

Quranic references: 3:9, 4:86, 6:12, 15:25, 35:13, 42:7, 50:44, 64:9, 70:42, 75:3, 77:38, 83:6

87. الغني *Al-Ghani*

The Self-Sufficient

Quranic references: 2:263, 2:267, 3:97, 4:131, 6:133, 10:68, 13:8, 14:8, 20:114, 22:64, 24:38, 27:40, 29:6, 31:12, 34:47, 35:3, 35:15, 39:7, 39:38, 47:38, 57:24, 60:6, 64:6, 93:6-8

88. المغني *Al-Mughni*

The Enricher

Quranic references: 9:28, 24:32, 35:3, 53:48, 57:24, 62:11

89. المانع *Al-Mani'*

The Withholder

Quranic references: 2:264, 3:2, 5:100, 6:131, 6:141, 7:32, 13:34, 13:35, 16:75, 17:18, 17:65, 17:67, 21:66, 25:53, 27:38, 27:60, 33:67, 36:15, 36:71, 38:7, 40:5, 42:9, 48:5, 51:52, 53:20, 55:33, 59:23, 67:21, 68:21, 70:21, 72:21

90. الضار *Ad-Darr*

The Distresser

Quranic references: 6:17, 4:78, 7:11, 10:107, 21:35, 24:21, 31:22, 36:37, 48:11, 53:44, 57:22, 58:10, 63:7, 64:11, 67:2, 72:11, 78:40, 79:27

91. النافع *An-Nafi'*

The Benefactor

Quranic references: 6:17, 4:79, 7:11, 10:107, 21:35, 24:21, 30:37, 34:24, 36:21, 36:23, 53:48, 57:20, 59:23, 66:6, 71:10-12

92. النور *An-Nur*

The Light

Quranic references: 24:35, 24:40, 6:1, 7:157, 9:32, 10:5, 13:16, 14:1, 24:35, 27:61, 28:71, 33:43, 33:45, 33:46, 39:22, 39:69, 42:52, 51:47, 57:9, 57:12, 57:28, 61:8, 64:8

93. الهادي *Al-Hadi*

The Guide

Quranic references: 2:120, 2:142, 2:213, 2:257, 3:8, 4:175, 6:88, 7:43, 7:154, 10:35, 13:7, 16:76, 17:9, 18:17, 22:17, 24:46, 25:31, 27:77, 28:56, 28:80, 31:21, 32:3, 36:69, 37:118, 42:13, 42:52, 46:13, 47:17, 49:9, 49:17, 57:9, 63:6, 72:2,

72:10, 72:16, 78:31, 79:31, 80:12, 87:10, 88:21, 90:11, 92:12

94. البديع *Al-Badi*

The Originator

Quranic references: 2:117, 6:101, 10:34, 27:64, 29:19, 30:27, 46:9, 59:24

95. الباقي *Al-Baqi*

The Everlasting

Quranic references: 20:73, 28:60, 28:88, 55:26-27, 55:26, 72:26

96. الوارث *Al-Warith*

The Inheritor

Quranic references: 15:23, 19:40, 21:89, 23:116, 28:58, 57:2

97. الرشيد *Ar-Rashid*

The Guide to the Right Path

Quranic references: 2:256, 11:56, 18:17, 20:123, 21:50, 24:46, 37:118, 38:22, 42:52, 49:9, 79:8, 87:10

98. الصبور *As-Sabur*

The Patient

Quranic references: 3:146, 7:87, 8:33, 11:115, 12:90, 16:126, 16:127, 18:9, 18:69, 19:75, 22:65, 31:17, 37:102, 38:17, 46:35, 70:5, 73:10-11, 74:9, 76:24, 88:17, 89:23, 103:3, 108:1

Living with the Light Codes

This practice does not end when you open your eyes and return to the world. The names, once activated through sincere breathing and remembrance, begin to colour the way you see, hear, and respond to everything around you. When you have breathed Ar-Rahman deeply enough that it has settled into the marrow of your being, you begin to perceive mercy not as a concept but as a living force present in every encounter. When Al-Haqq has become part of your breathing, truth ceases to be an abstract value and becomes a compass that orients your decisions without effort. This is the real fruit of the practice: not an experience you had once on a cushion, but a transformation of the way you inhabit your life.

The Quran says in 50:16 that Allah is closer to you than your jugular vein. The names are the language of that closeness. They are the frequencies through which the Infinite communicates with the finite, the codes through which the Uncreated makes itself known within the created. When you breathe them with sincerity and rest in the stillness they produce, you are not performing a ritual — you are answering a call that has been sounding since the first breath was breathed into the first human form. You are remembering what you have always known.

There is no final attainment in this practice. There is no graduation, no certificate, no authority that will declare you complete. The Quran describes the remembrance of Allah as an ongoing, ever-deepening relationship. 29:69: "And those who strive for Us — We will surely guide them to Our ways." The striving is the practice. The guidance is the shift. And the ways are infinite, because the One you are drawing near to is infinite. Each name opens a new corridor, each breath carries you deeper, and each moment of stillness reveals a wider horizon. You will never exhaust the names, because you can never exhaust the One they name.

Begin where you are. Use the breath you have right now. Choose a name that draws you — any name, for they all lead to the same place. Inhale it gently. Release it into Allah. Rest in the stillness. And trust that the One who gave you the breath, who placed the names in His book, and who promised that hearts find rest in His remembrance, will keep His promise. The light codes are already within you. The Quran has already pointed the way. The breath is already flowing. All that remains is for you to begin.

All references are to the Quran. No tafsir, fiqh, or interpretive tradition has been relied upon.
This manual stands solely on the text of the Quran as the complete and sufficient source.